



Stick with Steaming

Delicious recipes make getting and staying healthy a lot easier. This week's recipe pairs flaky, pacific halibut with potent ginger and steamed greens for a powerful cancer-fighting meal. The Monterrey Bay Aquarium considers the Pacific variety the best choice for halibut. It's full of healthful omega-3 fatty acids, which have been shown to protect against cancer, as well as, heart disease, inflammation and dementia. Plus steaming your meal and using an oil-based sauce instead of butter can cut down on calories and help you maintain a healthy weight.

Steamed Halibut with Ginger and Green Beans

- 1 lb. fresh green beans
- 1 lb. halibut (4 fillets), rinsed and patted dry with paper towel
- 1/2 tsp. coarse sea salt
- 1 Tbsp. minced fresh ginger
- 3 Tbsp. thinly sliced green onions
- 1 Tbsp. low-sodium dark soy sauce
- 1 Tbsp. peanut oil
- 1 Tbsp. toasted sesame oil
- 1/4 cup fresh cilantro sprigs, lightly packed

Steam green beans for about 5 minutes and set aside.

Gently rub both sides of the fillets with salt. Place them onto a heatproof ceramic dish. Sprinkle ginger over top.

Place dish onto a steamer over several inches of boiling water and cover. Gently steam fillets for 10 to 12 minutes.

Remove ceramic dish from steamer. Sprinkle green onions and drizzle soy sauce over fillets.

Heat peanut and sesame oils in small skillet over medium high heat until they just begin to smoke. Then carefully pour on top of fillets. Use caution because hot oil will cause onion and residual water on fillets to pop and spatter. Arrange green beans around fillets. Garnish fish with cilantro and serve immediately.

Makes 4 servings.

Per serving: 200 calories, 7 g total fat (1 g saturated fat), 8 g carbohydrate, 26 g protein, 4 g dietary fiber, 410 mg sodium.